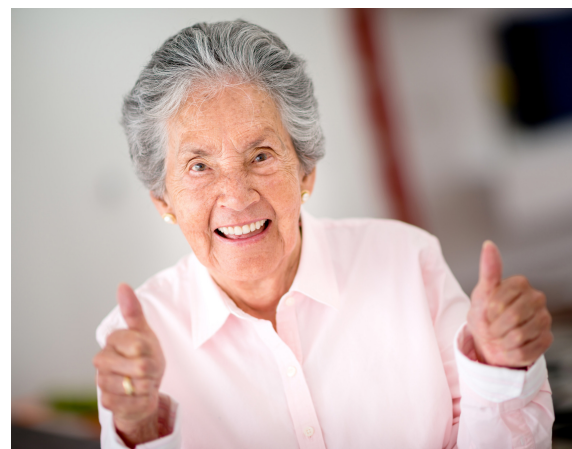




Our mission is to provide long-term support and services to help Placer County older adults maintain their independence and thrive.



Do you or a loved one have needs in the following areas?

- ♥ Information Referrals & Assistance
- ♥ Recreation & Respite - Adult Day Social Program
- ♥ Transportation Assistance
- ♥ Senior Cafés - Serving lunch Monday - Friday
- ♥ Meals on Wheels - Home Delivered Meals
- ♥ Call Reassurance Program
- ♥ Friendly Visitors
- ♥ Assisted Living and Lifestyle Planning Assistance

**WE CAN HELP!**

**800-878-9222**

**[www.seniorsfirst.org](http://www.seniorsfirst.org)**

**12183 Locksley Lane, Suite 205 Auburn, California 95602**



@seniorsfirst



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